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Bridging the gap

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Recommended Citation

Schertz, J. (2000). Bridging the Gap. Deaf Rochester News, 4 (6), 18.

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Bridging the Gap Contributed by Jackie Schertz

Welcome to the first of a regular feature in the DRN. This column will cover issues related to alcohol and drugs, addiction and recovery. Future articles may cover stories from deaf and hard-of-hearing people who have experienced pain and growth from addiction. Understanding and hope shared in our community helps us connect with each other.

With the holidays coming, here are tips to make this time of the year enjoyable.

- Direct your energy on friends
- Respect low risk drinking choices
- Ingest food before and while drinking
- Non-alcoholic drinks should be consumed while drinking
- Keep in the pleasure zone*
- Savor your drinks

***Blood Alcohol Content (BAC):**

Pleasure zone: BAC .01 - .06

Zone of regret: BAC more than .06

The charts below show approximate BAC levels for men and women

Men – BAC%										
Drinks	Body Weight in Pounds									
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit	
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment Begins	
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Significantly Affected	
3	.11	.09	.08	.07	.06	.06	.05	.05	—	
4	.15	.12	.11	.09	.08	.08	.07	.06		
5	.19	.16	.13	.12	.11	.09	.09	.08	Possible Criminal Penalties	
6	.23	.19	.16	.14	.13	.11	.10	.09	—	
7	.26	.22	.19	.16	.15	.13	.12	.11	Legally Intoxicated	
8	.30	.25	.21	.19	.17	.15	.14	.13	—	
9	.34	.28	.24	.21	.19	.17	.15	.14	Criminal Penalties	
10	.38	.31	.27	.23	.21	.19	.17	.16		

Subtract .01% for each 40 minutes of drinking
One drink is 1.25 oz. Of 80 proof liquor, 12 oz. Of beer, or 5 oz. of table wine

Women – BAC%										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Significantly Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	—
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	Possible Criminal Penalties
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	—
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Rochester Resources for deaf and hard-of-hearing people who want support related to alcohol and drugs:

- Substance and Alcohol Intervention Services for the Deaf (SAISD) 475-4978 TTY/V

- John L. Norris Addiction Treatment Center 461-4253 TTY, 461-0410 V